

**Full Report (All Nutrients) 03049, Babyfood, dinner, beef and rice, toddler**

Report Date:October 26, 2015 05:39 EDT

Nutrient values and weights are for edible portion.

**Food Group : Baby Foods****Carbohydrate Factor: 4.1 Fat Factor: 8.9 Protein Factor:4.1 Nitrogen to Protein Conversion Factor:6.14**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
<b>Proximates</b>						
Water	g	81.90	7	1.000	23.22	139.23
Energy	kcal	82	--	--	23	139
Energy	kJ	343	--	--	97	583
Protein	g	5.00	3	0.200	1.42	8.50
Total lipid (fat)	g	2.90	4	0.200	0.82	4.93
Ash	g	1.40	3	0.000	0.40	2.38
Carbohydrate, by difference	g	8.80	--	--	2.49	14.96
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	11	3	1.000	3	19
Iron, Fe	mg	0.69	3	0.010	0.20	1.17
Magnesium, Mg	mg	8	1	--	2	14
Phosphorus, P	mg	35	1	--	10	60
Potassium, K	mg	120	1	--	34	204
Sodium, Na	mg	32	--	--	9	54
Zinc, Zn	mg	0.92	3	0.013	0.26	1.56
Copper, Cu	mg	0.054	3	0.004	0.015	0.092
Selenium, Se	µg	8.4	--	--	2.4	14.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	3.9	9	0.500	1.1	6.6
Thiamin	mg	0.016	6	0.000	0.005	0.027
Riboflavin	mg	0.069	3	0.000	0.020	0.117
Niacin	mg	1.343	3	0.017	0.381	2.283

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Vitamin B-6	mg	0.139	3	0.021	0.039	0.236
Folate, total	µg	6	--	--	2	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	2	10
Folate, DFE	µg	6	--	--	2	10
Vitamin B-12	µg	0.51	--	--	0.14	0.87
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	25	--	--	7	42
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	502	3	100.000	142	853
<b>Amino Acids</b>						
Tryptophan	g	0.046	--	--	0.013	0.078
Threonine	g	0.200	--	--	0.057	0.340
Isoleucine	g	0.245	--	--	0.069	0.416
Leucine	g	0.392	--	--	0.111	0.666
Lysine	g	0.376	--	--	0.107	0.639
Methionine	g	0.123	--	--	0.035	0.209
Cystine	g	0.054	--	--	0.015	0.092
Phenylalanine	g	0.197	--	--	0.056	0.335
Tyrosine	g	0.161	--	--	0.046	0.274
Valine	g	0.275	--	--	0.078	0.468
Arginine	g	0.338	--	--	0.096	0.575
Histidine	g	0.128	--	--	0.036	0.218
Alanine	g	0.339	--	--	0.096	0.576
Aspartic acid	g	0.464	--	--	0.132	0.789
Glutamic acid	g	0.870	--	--	0.247	1.479
Glycine	g	0.364	--	--	0.103	0.619
Proline	g	0.306	--	--	0.087	0.520
Serine	g	0.179	--	--	0.051	0.304